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News worth sharing.
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Jets season-ticket holders Anne Dawson and Ian Calliou are looking forward to taking their eight-month-old daughter, Audrey, to her first Jets game now that it appears the lockout is over. But they don't plan on supporting the team's owners any other way. For more on the Jets and the new agreement, see page 21. SHANE GIBSON/METRO

Hockey night in Winnipeg set for puck-drop

Game on. Tentative deal to end lockout bittersweet for fans

SHANE GIBSON
shane.gibson@metronews.ca

While news of a tentative deal between the NHL and its players' union to end the lockout made downtown bar and restaurant owners happy Sunday, reaction from hockey-starved Jets fans was mixed.

Anne Dawson and her husband Ian Calliou are season-ticket owners, and though they said they'd still go to as many home games as the league can muster this season, Dawson isn't planning much more support.

"I might have been excited if this had happened in November, but at this point ... it's too little, too late," Dawson said, after taking to Facebook to encourage friends with season tickets to not buy anything at games and those without season tickets to leave seats empty. "It's been such an insulting four months to the fans."

As well as not buying beer, hotdogs and merchandise at games, Dawson said she's going to stop screaming "True North" during the national anthem and hopes others join her.

Calliou agrees with his wife's plan, but said the lockout has left him a little more cynical about what effect any action taken by fans will have.

"I'm not going to go and burn my season tickets tomorrow because, quite frankly, there are probably 8,000 people waiting to get a season ticket," he said.

One thing Dawson said she'll do is spend the money she would have spent during games at bars and restaurants near the MTS Centre, and that's exactly what Arkadash Bistro and Lounge owner Kelvin Peters wants to hear.

Peters, who opened his Portage Avenue restaurant just down the street from the home of the Jets last May and has yet to see the financial benefits of being a neighbour to an NHL team, was very excited to hear the season will be salvaged.

"This is absolutely great news," he said. "I'm looking forward to planning how we can draw in a good Jets crowd now."

The Winnipeg Jets reserved comment on the end of the lockout until after an agreement is officially signed between the NHL and the NHLPA.

Follow Shane Gibson on Twitter @tsgibson

Fans react on Twitter

- **@TimWadephul:** I'm happy & hopefully I can go to some games. Also, I hope people remember how lucky we were to get a team back last year.
- **@aLattimer:** I'll have no problem taking tickets off of anyone who is planning to boycott some games. No problem whatsoever.
- **@VicJarPhoto:** Of course Jets fans will go back. They're delusional anyway. They think they'll see a winning, playoff bound team.
- **@Medros:** if I could afford tickets to games & find decent seats, I would go. Unlike some twitter trolls, I just like watching, W or L

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NEWS 1

Fires scorch West End homes

Arson? Caretaker at burned apartment says fire deliberately set

SHANE GIBSON
shane.gibson@metronews.ca

No serious injuries have been reported after three houses and an apartment block went up in flames in the West End early Saturday.

Police and firefighters were called to a home in the 700 block of Victor Street around 5:15 a.m. after a fire that reportedly started in the home's garage spread to the house.

Police spokesperson Cst. Eric Hofley told Metro the fire then spread to both of the homes on either side of the first house.

While firefighters battled the first three fires another blaze broke out at an apartment almost directly across the street at 730 Victor Street.

One of the building's caretakers, Tammy Kitson, said she awoke to the fire alarm just after 5 a.m. and quickly called 911.

"I looked out of my suite and the whole hall way was full of smoke," she said.

Kitson has no doubt that the fire was deliberately set in a mattress someone had thrown out and left leaning against the back of the building. She said she had called the city to pick up the mattress about a week ago but no one came.

"If that mattress wasn't there then the fire wouldn't have gotten to the building," she said, adding she had been worried about the possibility of a fire in the building because of the number of arsons in area back lanes. "It's sickening."

Kitson said all the residents of the 19 suites at the apartment were safely evacuated and one went to hospital for smoke inhalation but has since been released.

Two suites were completely damaged by the fire, and another has water damage, according to Kitson.

Victor Street was blocked between Wellington Avenue and Sargent Avenue and Wellington Avenue was closed between Agnes Street and Toronto Street while fire fighters put out the fires and police began their investigation.

The Arson Task Force is investigating. Police pegged the damage at $400,000 for the houses and $30,000 for the apartment block.

82 pot plants

Blaze leads to grow-op arrest

Police made a surprise discovery once the smoke cleared from Saturday's suspicious fires on Victor Street.

A marijuana grow-op with 82 plants valued at more than $91,000 was found in the home at 707 Victor Street that went up in flames after a fire started in its garage spread.

Police said the grow-op was not responsible for the fire. A 39-year-old man who lives in the home was arrested and has been released on a promise to appear. METRO

A man from Shaw Cable surveys the damage on Victor Street Sunday morning. SHANE GIBSON/METRO

Stray dog alerts adopted family to house fire

Three cats and another dog died in a house fire on Grove Street. SHANE GIBSON/METRO

A stray dog who had recently been rescued by a Winnipeg family returned the favour by alerting them to an early-morning house fire.

The Pomeranian named Penny and her puppies woke up Terry Smaczylo shortly after the fire broke out Friday at about 7 a.m. on Grove Street.

Smaczylo and another family, along with Penny and her puppies managed to escape, but three cats and another dog died in the blaze.

Smaczylo was checked over in hospital but wasn't injured.

Fortunately, his 12-year-old daughter wasn't at home at the time.

Penny had been taken in by the family shortly before she gave birth to the puppies over Christmas.

Community members are collecting clothing, furniture, pet supplies and anything else to help the two families who live in the home, which was destroyed in the blaze.

"Right now, I think it's emotional — they're going to be going through a lot, but when they get on their feet they have nothing and they have to start new," said Jacquie Bondar, a family friend.

"This is a good community, good neighbours. Everybody always looks out for each other, and that's what's going to keep me strong," said Smaczylo.

He said Penny and her puppies are all doing well — the little ones already have families lined up to take them when they're ready to leave their mom.

Fire officials say the blaze was started by a faulty extension cord.

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Negotiations. Millions spent on homes, but chief walked away from deal

The province spent millions of dollars on 65 homes on a former Canadian Forces radar base near Gypsumville — about 240 kilometres northwest of Winnipeg — after receiving 157 written applications from Lake St. Martin residents saying they were interested in a home, according to the Manitoba government.

Manitoba was negotiating with Lake St. Martin reserve Chief Adrian Sinclair when he walked away from the deal in late 2011, saying the government ignored the plans he wanted for the temporary homes. He says he and his community wanted to build interim homes with the help of a private company and was told that would happen.

Sinclair says the government then gave the building contract to someone else without his consent, leaving him and his people with little input into how to build their community.

Ultimately, only 13 families/households chose to live at the radar base site, Sinclair says.

The reason people were no longer interested living there, he says, was because snakes were being found in the homes.

The province denies these claims.

TORSTAR NEWS SERVICE

In numbers

$1.5M

Chief Adrian Sinclair says he was horrified to learn in December 2011 that the provincial government had bought a parcel of land that month for $1.5 million without the reserve's consent, violating a constitutional right that says aboriginal people must be consulted on decisions affecting them.

Inundated

Lake St. Martin has been flooded for decades: Chief

The provincial government has been flooding Lake St. Martin for as long as Chief Adrian Sinclair can remember. His sister, Diane, remembers bitter conversations with her grandparents about the water that would invade their reserve every year, causing their homes to grow mould, and ruining their hunting and fishing seasons.

The problems of the Lake St. Martin reserve worsened when the provincial government built the Fairford River Water Control Structure in 1961. It controls the water that comes from Lake Manitoba into Lake St. Martin and eventually empties into Lake Winnipeg.

But the structure made matters worse for the reserve, which was located on low land and had always experienced some spring flooding even before it was built.

Chief Aidan Sinclair says the annual influx of water has left homes on the reserve permanently damaged by moisture.

TORSTAR NEWS SERVICE

Diane Sinclair, with her granddaughter, Danielle. Sinclair is raising her granddaughter after her daughter committed suicide. TORSTAR NEWS SERVICE

Still living in limbo

Flooded hope. In the first of two days of coverage, we look at why Lake St. Martin residents are still waiting to go home nearly two years after floods

Diane Sinclair often has the same nightmare.

In her home at Lake St. Martin First Nation reserve, there is water everywhere. The water winds through a graveyard where she buried her 20-year-old daughter, Alexis, in the prettiest white dress she could find.

There is always Alexis, her shy, second-oldest, pulling her long, glossy black hair out of the way as she gets ready to tie the noose that will go around her neck.

When Sinclair wakes in the morning there is no relief.

Instead, she realizes she is living her nightmare and her daughter has taken her own life because she couldn't stand the stress of the big city. In Winnipeg, 300 kilometres from everything they have ever known, the people of Lake St. Martin in southern Manitoba have been made to feel like burdens.

Sinclair is one of more than 1,400 people who were evacuated to Winnipeg from the reserve in the spring of 2011, when the provincial government decided to divert through their land flood waters that were headed for the capital.

Chief Adrian Sinclair, who is Diane Sinclair's brother, says they saved the city of Winnipeg by allowing their community to be destroyed. Now his people tell him they are called "freeloaders" and their elders have been physically assaulted and yelled at.

"And the suicides," he continues, shaking his head. He swipes at his eyes with his large hands, embarrassed to be crying.

Alexis, who had a baby daughter, hanged herself in the garage of the house her mother rented in the wake of the 2011 flood. Her daughter, Danielle, is being raised by Diane.

Since then, Chief Sinclair says 16 other evacuees from Lake St. Martin have committed suicide — and he fears that number will continue to grow.

Sinclair is tired of fighting, but his people say they don't want him to settle for the land the government bought. He will battle on for a site the band council has found and hope the residents of Lake St. Martin will stay strong in the meantime.

"I want to bring my people home," he says. But where will home be?

See tomorrow's Metro for more on this story.

TORSTAR NEWS SERVICE

Multiple charges

Break-in spree allegedly ended

Terrance Sinclair, 20, is facing a number of charges in relation to a string of break-and-enters in and around downtown Winnipeg dating back to last summer.

Police allege Sinclair is responsible for several break-ins at various businesses between Aug. 22 and Dec. 30 last year, which saw booze and electronics stolen. METRO

No one harmed

Police warn of suspicious man

Police are warning the public after a suspicious man approached four children in the Mynarksi neighbourhood last Friday.

The kids had been waiting outside a store while their mother was inside when an unknown man drove up and asked if they'd like his dog to take them for a ride.

The man is described as white, between 40 and 50 years old, with a medium build and pepper-coloured hair. METRO

Police use Taser on 'out of control' 16-year-old

Cst. Eric Hofley said a 16-year-old who was shot with a taser by police had to be taken to hospital for minor injuries.
SHANE GIBSON/METRO

Minor injuries.
Accused needed medical attention after incident, report says

A 16-year-old boy who police say was drunk and damaging property in the North End early Sunday needed medical attention after responding officers shot him with a Taser.

Police were called to a home in the 400 block of Flora Avenue around 2:15 a.m. after reports of an out of control youth.

Police spokesperson Cst. Eric Hofley said later Sunday morning the Taser was used because the teen was being uncooperative while officers tried to resolve the situation.

"My understanding is (the suspect) was causing general property damage within the residence," he said. "An electronic control device would be considered an intermediate weapon, and so officers, when they were unable to subdue him through hand control, decided that this was the best way to quickly sub-due and de-escalate."

The youth suffered minor injuries as a result and was taken for medical attention, according to a police release, but Hofley wouldn't go into details about what exactly those injuries were.

"We would not release that sort of information," he said. "My understanding is they were minor in nature."

The accused was later detained at the Manitoba Youth Centre.
METRO

'Intermediate weapon'

"Officers ... decided that this was the best way to quickly subdue and de-escalate."
Police spokesperson Cst. Eric Hofley

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Protesters put foot down on raising rental allowances

Anti-poverty rally.
Activists call on province to increase housing benefits

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The shoes stacked up as well as the demands to help Winnipeg's poor during a demonstration on Friday at the Manitoba Legislature.

The rally, which drew about 150 people, was the culmination of a campaign to raise the rental allowance for people on employment and income assistance (EIA), which saw shoes dropped off at the Legislature starting on Christmas Day.

The shoe idea was inspired by Kris Doubledee, a Winnipeg Transit driver who gave his shoes to a barefoot man downtown on a chilly day last September.

Kirsten Bernas, spokesperson for Make Poverty History Manitoba, said she was thrilled with the turnout and believes it will resonate with elected officials inside.

"We're really focusing now on getting this in the (provincial) budget," she said. "We want to see a resource commitment in the budget."

Bernas said the 145 organizations that have signed on are calling on the province to raise the rental allowance for people on EIA to 75 per cent of the median market rent. Right now, the rates are between 40 and 60 per cent, and haven't changed since 1992.

Make Poverty History Manitoba said the cost to the government would be $18.5 million, or less than one per cent of Manitoba's budget.

Minister of Housing Kerri Irvin-Ross said there are programs, such as Rent Aid and Rewarding Work, that help people on EIA, and the province has poured millions into affordable housing. She said while she can't talk about the coming budget, there is a review underway for EIA rates.

But Liberal MLA Dr. Jon Gerrard said raising the rental allowance is essential and should be a cornerstone of housing policy.

"It's really embarrassing that the NDP have done nothing about this in 13 years," he said. "The call for a real housing policy starts here."

At the end of the rally, the shoes were collected. They will be donated to several charitable organizations, Bernas said.

Follow Bernice Pontanilla on Twitter @MetroBee

Christina Maes-Nino of the Social Planning Council says she attended Friday's rally at the Manitoba Legislature to support calls for a boost in the rental allowance for people on social assistance. BERNICE PONTANILLA/METRO

Coun. Russ Wyatt, chair of the city's finance committee, says 'Peggers should expect a property-tax hike, but he wouldn't say how much. METRO FILE

Property taxes to rise this year

Winnipeg homeowners can expect to shell out more money this year after the City of Winnipeg tables its operating and capital budgets on Wednesday.

For the first time, the city is presenting both budgets at once, and it is expected property owners will see an increase.

Finance committee chair Russ Wyatt said 'Peggers should expect a tax hike, but he wouldn't say how much. Rumours put it at 3.5 per cent, if not more.

This is the second year that property taxes will have been raised after a 14-year property-tax freeze.

Coun. Jenny Gerbasi said she hopes the rumour of across-the-board cuts to non-profit groups is just that — a rumour.

"I've been here 14 years and (the city has) never cut funding to non-profit groups. We've just never done that," the Fort Rouge councillor said. "I worry about these smaller groups … the museums and non-profit groups that are facing a federal funding cut."

Gerbasi said if cuts to non-profits are in the pike, she's worried there won't be enough time for the affected groups to talk to the city about it.

"It's a terrible budget process this year," she said, adding there's less than 48 hours between the budgets being tabled and their being presented to the public-works committee.

She said next year's budget process should be more open, thanks to planned pre-budget consultations.

ELISHA DACEY/METRO

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To Russia, with love and money

French actor Gerard Depardieu, left, greets Russian President Vladimir Putin after his arrival Saturday at the president's residence in Sochi, the host city of the 2014 Winter Olympics. Depardieu has received a Russian passport after flying to Russia for a late-night dinner with Putin. Depardieu sought Russian citizenship as part of his battle against a proposed super-tax on millionaires in France, and Putin granted his request last week.

MIKHAIL KLIMENTYEV/THE ASSOCIATED PRESS

Sexual violence. Former B.C. politician weighs in on castration debate

EMILY JACKSON
Metro in Vancouver

Former B.C. premier and MP Ujjal Dosanjh added his voice to the outrage over the brutal gang rape and murder in India, tweeting that men who can't control their penises should have them removed.

Dosanjh sent a series of tweets calling for castration Friday to make a point about how "ludicrous" it is to blame rape on women's clothing choices.

"Re Delhi gang rape some say women shud (sic) dress 'appropriately'. I say if men can not control penises, have them removed," Dosanjh said on Twitter.

Ujjal Dosanjh THE CANADIAN PRESS FILE

Dosanjh deliberately used the extreme language to highlight the absurdity of blaming a woman if she is raped, but he doesn't actually support forcible castration or the death penalty, he said.

"It was revolting to hear people in different parts of the world and different parts of India talking about how women can avoid rape if they dress differently or don't go out late at night," he said. "Rape is perpetrated by men — it's not something that a woman ever invites upon herself."

Gang rape in India

- Dosanjh's comments came days after a 23-year-old medical student, raped by six men in Delhi on her way home from the movies, died from extensive organ and brain injuries.
- Thousands have taken to India's streets in protest since the rape, which led to murder charges against five men.

Request for troops?

African Union chair to meet with Harper

The head of the African Union is set to visit Ottawa this week.

Thomas Boni Yayi's meeting with Prime Minister Stephen Harper could bring a request for Canadian troops to be involved in an international mission in Mali.

The United Nations Security Council backed a proposal in December to send an African-led force of 3,300 soldiers into the country. **THE CANADIAN PRESS**

Alleged assault

Police look for suspects after cabbie robbed

Police in St. Thomas are looking for two suspects after a female taxi driver was allegedly assaulted, robbed and left tied to playground equipment early Sunday.

She was taken to hospital for minor facial wounds and has since been released. **THE CANADIAN PRESS**

Chief an inspiration for all Canadians: Paul Martin

Attawapiskat Chief Theresa Spence holds hands with her daughter Juliette Spence during a press conference outside her teepee on Victoria Island in Ottawa on Friday. Spence has been on a hunger strike for more than three weeks. SEAN KILPATRICK/THE CANADIAN PRESS

Hunger strike. Former PM who brokered Kelowna Accord meets with Spence, while Harper says he will meet with First Nations leadership this week

An aboriginal chief who has gone without solid food for close to a month in a bid to force renewed talks between First Nations and the federal government is an inspiration to all Canadians, says former prime minister Paul Martin.

Martin visited Attawapiskat Chief Theresa Spence at her camp on Ottawa's Victoria Island on Saturday.

He told CTV's Question Period Sunday that it was a good meeting.

"I just told her that she'd become really an inspiration for all Canadians and that we were obviously concerned about her health and that she's got to take care of herself," Martin said.

One of Martin's final acts as prime minister was the brokering of the Kelowna Accord, a deal between the government and First Nations that would have seen $5 billion in new spending over 10 years.

The money would have been used to improve education and health outcomes, as well as housing.

But Martin's Liberal government fell and was replaced by the Conservatives under Prime Minister Stephen Harper and the accord was never implemented.

Resetting the treaty relationship was Spence's goal when she began her self-proclaimed hunger strike on Dec. 11, giving up solid foods in favour of a liquids-only diet.

Spence was seeking a meeting between the prime minister, Governor General and First Nations leadership.

Her strike came as aboriginal activists also began a national protest movement called Idle No More in response to the Conservatives' latest budget bill.

The Idle No More movement feels the bill threatens their treaty rights with the changes it makes to regulations surrounding waterways.

THE CANADIAN PRESS

Weekend protests

Idle No More protests continued over the weekend with groups blocking rail lines and border crossings throughout the country.

- A blockade of Via Rail lines near Kingston on Saturday held up trains on the Montreal-Ottawa-Toronto corridor, affecting about 1,000 people.
- A protest at the Seaway International Bridge near Cornwall, Ont., prompted police to close the border crossing as a public safety precaution.

Coast Guard

U.S. reviews B.C. oil export plans

Concerns in the U.S. over oil tanker traffic from British Columbia have spurred a U.S. Coast Guard review of proposed increases in Canadian oil exports.

A legislative amendment signed into law by President Barack Obama a few weeks ago gives the U.S. marine safety agency six months to conduct a risk assessment of the planned expansion of oil pipeline capacity to the West Coast.

THE CANADIAN PRESS

Troubled program

Naval ships under scrutiny

The navy's long-delayed joint support ship program is expected to come under the political microscope within weeks in what is likely another defence equipment embarrassment for the Harper government. The parliamentary budget officer is poised to release his findings once MPs return from their Christmas break. THE CANADIAN PRESS

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Obesity's full scourge forgotten: Poll

Health. Poll shows most Americans know about heart disease and diabetes, but the list doesn't stop there

Heart disease and diabetes get all the attention, but what about the other ways obesity can damage your health?

Carrying too many pounds may lead to or worsen some types of cancer, arthritis, sleep apnea and even infertility. But a new U.S. poll suggests few people realize the links.

Ask about the most serious consequences, and more than seven in 10 Americans can correctly tick off heart disease and diabetes, according an Associated Press-NORC Center for Public Affairs Research poll.

The other consequences aren't so well known.

Only seven per cent surveyed mentioned cancer, although doctors long have known that fat increases the risk of developing cancers of the colon, breast, prostate, uterus and other parts. Plus, being overweight can make tumours harder to spot and treat.

Then there's your joints, especially the knees. About 15 per cent knew obesity can contribute to arthritis, a vicious cycle as joint pain makes it harder to exercise and shed pounds.

High blood pressure, high cholesterol and strokes were fairly low on the list. Infertility didn't get a mention. Just five per cent mentioned respiratory problems. THE ASSOCIATED PRESS

Litany of ills

"People are often shocked to hear how far-reaching the effects of obesity are."

Jennifer Dimitriou, bariatric dietitian at New York's Montefiore Medical Center

About one-quarter of Americans think it's possible for someone to be obese and still healthy, according to a poll. MARK LENNIHAN/THE ASSOCIATED PRESS FILE

Not my problem

Italian premier mum on gay rights

Italian Premier Mario Monti, who is being backed by the Vatican in his re-election bid, says gay-rights issues — including gay marriage — should be decided by Parliament, not his government if he wins.

Monti told Sky TG24 TV on Sunday that issues involving personal dignity are more important than economic reforms. But he stressed that his coalition forces came together to work on the more "urgent" task of economic growth.

Monti didn't express his personal opinion on gay marriage.

THE ASSOCIATED PRESS

Luck o' the Spanish

Lottery drops a billion dollars in struggling Spain

A lottery showered $1.1 billion US on ticket holders in Spain on Sunday in the midst of a deep recession and high unemployment.

The lottery tickets cost $26, and the most one can win is $260,240. But there's a catch: Thanks to new austerity measures, anyone who wins above $3,250 in the lottery has to pay 20 per cent income tax on it.

Spain's most lucrative lottery, El Gordo (The Fat One), distributed $3.3 billion last year.

THE ASSOCIATED PRESS

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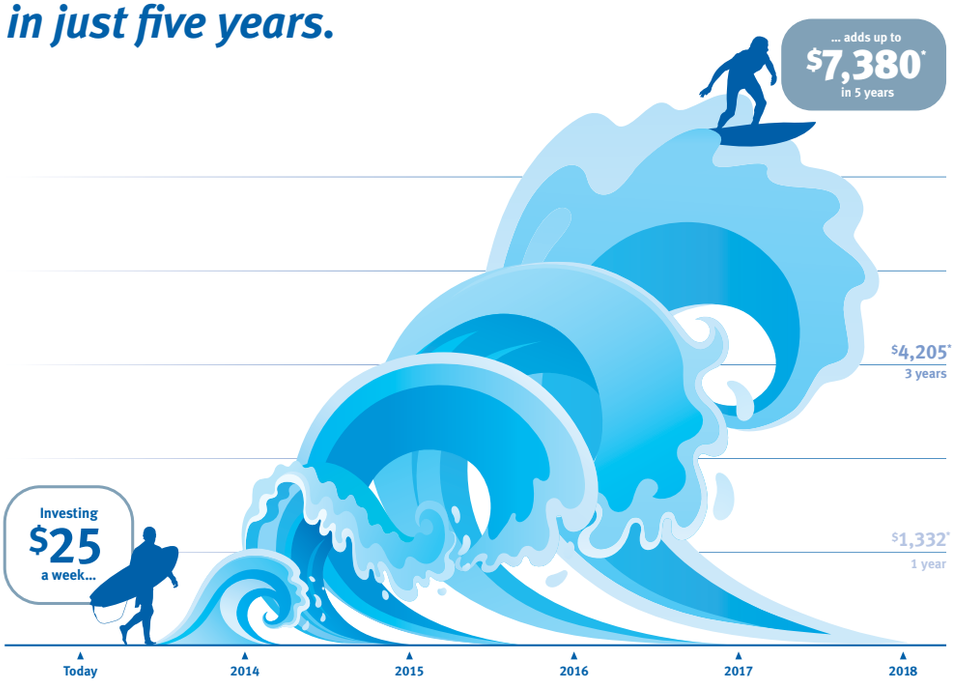

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The old 'smuggle a rhino horn inside a hippo' trick

Seized rhino horns are shown with alleged Vietnamese smuggler Pham Quang Loc, 56, left, along with a Thai customs official during a news conference at Suvarnabhumi international airport in Bangkok, Thailand, on Sunday. Thai customs seized more than half a million US dollars worth of rhino horn hidden inside a souvenir hippo and arrested the accused on arrival from Ethiopia.

APICHART WEERAWONG/THE ASSOCIATED PRESS

Official name now 'State of Palestine': Abbas

Name change. Palestinian president orders Palestinian Authority officially changed after United Nations upgrade

Palestinian President Mahmoud Abbas said all official documents will now read "State of Palestine". ABED AL HASHLAMOUN-POOL/GETTY IMAGES FILE

The Palestinian president has ordered his government to officially change the name of the Palestinian Authority to "State of Palestine."

The move follows the November decision by the United Nations to upgrade the Palestinians' status to that of a "non-member observer state."

President Mahmoud Abbas said Sunday that all official Palestinian stamps, stationery and documents will now bear the new name.

A statement from his office said the move was aimed at enhancing Palestinian "sovereignty on the ground" and was a step on the way to "real independence." Israel still controls most of the West Bank.

Israel objected to the Palestinian statehood bid at the UN, calling it a unilateral step aimed at bypassing direct peace negotiations. Abbas denied that.

Israel had no comment Sunday.

THE ASSOCIATED PRESS

Rare speech. Assad rules out peace talks with 'murderous criminals'

A defiant Syrian President Bashar Assad rallied a chanting and cheering crowd Sunday to fight the uprising against his authoritarian rule, dismissing any chance of dialogue with "murderous criminals" that he blames for nearly two years of violence that has left 60,000 dead.

In his first public speech in six months, Assad laid out terms for a peace plan that keeps himself in power, ignoring international demands to step down and pledging to continue the battle "as long as there is one terrorist left" in Syria.

"What we started will not stop," he said, standing at a lectern on stage at the regal Opera House in central Damascus — a sign by the besieged leader that he sees no need to hide or compromise, even with the violent civil war closing in on his seat of power in the capital.

The theatre was packed with his supporters, who interrupted the speech with applause, cheers and occasional fist-waving chants, including "God, Bashar and Syria!"

THE ASSOCIATED PRESS

A Free Syrian Army fighter feeds a cat in the old city of Aleppo, Syria, Sunday. The revolution against the Syrian president that began in 2011, has killed more than 60,000 people, according to the UN. ANDONI LUBAKI/THE ASSOCIATED PRESS

Kuwait

Activist gets 2-year sentence for Twitter 'insult'

Kuwaiti media say a social media activist has been sentenced to two years in prison for a Twitter post deemed insulting to the Gulf nation's ruler.

Authorities across the Western-allied Gulf Arab states have sharply increased crackdowns on perceived dissent among bloggers and others using social media.

THE ASSOCIATED PRESS

Anti-apartheid leader

Mandela has recovered from ailments: Zuma

South African anti-apartheid leader Nelson Mandela has recovered from his recent lung infection and a surgical procedure to remove gallstones, according to an announcement Sunday by President Jacob Zuma.

Doctors say that Mandela, 94, has made "steady progress and that clinically, he continues to improve," according to a statement issued by Zuma's office.

THE ASSOCIATED PRESS

Plastic $20 bill sticks in vending industry's craw

Dispensing dispute. Machine owners say Bank of Canada didn't give them enough lead time to convert scanners

Thousands of vending machines still can't digest those plastic $20 bank notes the government released two months ago, with machine owners blaming the Bank of Canada for their problems.

As many as half a million machines that scan bank notes needed reprogramming to accept the radically redesigned $20 bills, the most popular denomination in Canada.

Some 145 million polymer $20 notes have been put into circulation since Nov. 7, one of a series of new plastic notes intended to thwart counterfeiters and last much longer than their paper-cotton predecessors.

Kim Lockie has been converting his 1,200 machines in Fort McMurray, Alta., full-time for two months, but still has about 300 to go.

Quoted

"The Bank of Canada didn't really even talk to us in the last three years. It seems like they have no desire to work with us.... Tough luck for our industry."

Kim Lockie, an official with the Canadian Automatic Merchandising Association

"I would think less than half the machines in Canada would accept this bill right now," says Lockie, an official with the Canadian Automatic Merchandising Association. "As a small business, I am losing money."

Lockie blames the Bank of Canada for failing to heed three years of warnings from owners that they needed a long lead time to recalibrate their vending machines before the official release of the new bills.

The Bank of Canada rejects the criticisms, saying its officials have worked closely with the sector. THE CANADIAN PRESS

Get a piece of the Fab Four on film

Auctioneer Paul Fairweather holds four colour transparencies of The Beatles taken during their first tour of the U.S. in 1964. The rare colour transparencies, taken by Dr. Robert Beck, are to be sold along with the copyright at Omega Auctions in Stockport, England, in a special Beatles memorabilia auction in March. The unpublished collection of 65 slides contains many stage shots. DAVE THOMPSON/PA/THE ASSOCIATED PRESS

Hostess bankruptcy

Bidders line up for Wonder Bread

The makers of Thomas' English muffins and Tastykake snacks are emerging as two of the bidders for Wonder Bread and other Hostess bread brands as the company tries to sell off its assets under bankruptcy-court oversight, a newspaper reported Saturday.

The Wall Street Journal said Hostess Brands Inc. could reveal as early as next week that Flowers Foods Inc. and Grupo Bimbo SAB are in discussions to acquire its bread brands. The report said the brands could command $350 million US.

Hostess, which is based in Irving, Texas, announced in November that it was shutting down its business and selling its bread, snacks and cakes brands along with its 33 bakeries and other operations. THE ASSOCIATED PRESS

Alaska. Shell will attempt to tow stuck drill ship

Royal Dutch Shell PLC will try to move its grounded drill ship out of the worst of the North Pacific's fury with a towing attempt when conditions allow.

Shell incident commander Sean Churchfield said at a news conference Saturday that naval architects have pronounced the Kulluk fit to be towed. The attempt will depend on weather, tides and readiness, he said.

"I can't offer you firm times. Right now, the preparation for the tow depends on the weather and operational constraints," Churchfield said. "We will be looking to move the vessel as soon as we are ready and able."

If the drill ship can be pulled from the rocks off Sitkalidak Island, it will be towed 48 kilometres to shelter in Kodiak Island's Kiliuda Bay.

The Kulluk is a circular barge with a reinforced steel hull that allows it to operate in ice. One of two Shell ships that drilled last year in the Arctic Ocean, it has a 48-metre derrick rising from its centre and no propulsion system of its own. THE ASSOCIATED PRESS

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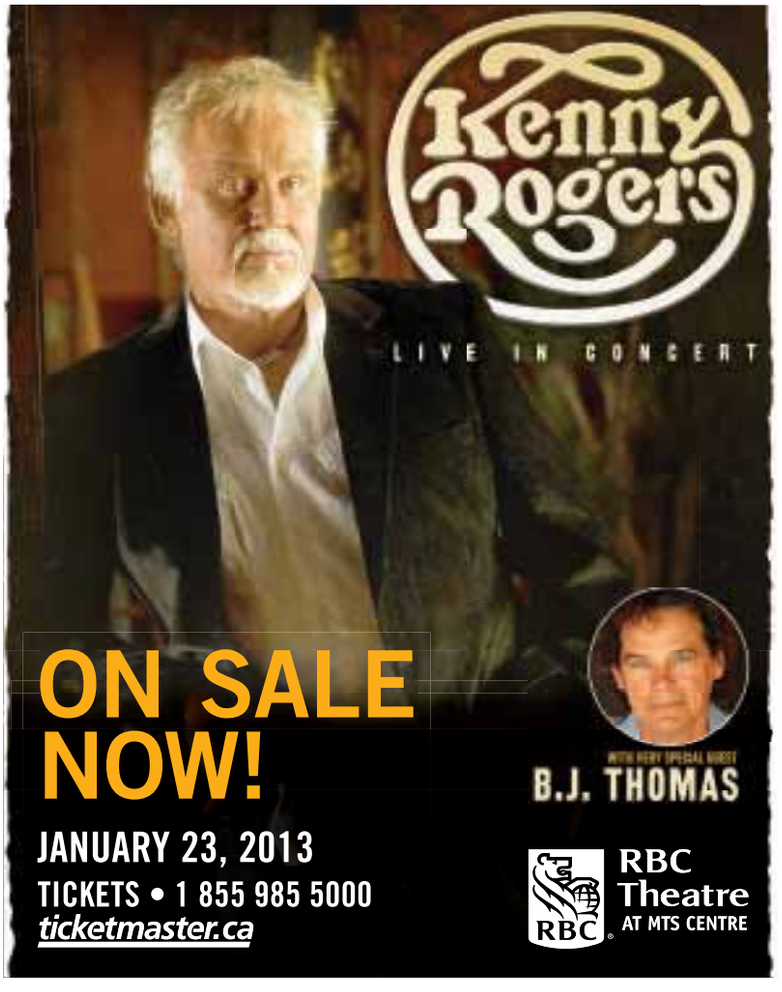


STEPHEN HARPER FOR MAYOR?

URBAN COMPASS
Colin Fast
winnipeg@metronews.ca

Sometimes I have to feel for Mayor Sam Katz, as it seems that everyone else wants to do his job for him (insert your own "well, if he'd just do the job himself" joke here).

First you have the obvious candidates: Special interest groups, unions, social media critics and know-it-all newspaper columnists. But we can be easily ignored, or pitted against each other.

Then there's the enemies from within: City councillors and administrators who try to run their own little part of the empire. While this can get messy at times (fire hall, anyone?), usually the rogue operatives can be brought back in line through the skillful use of carrots and sticks, like EPC appointments and public floggings.

Whose playground is it?

The real problem arises when the 800-pound gorillas of government ... decide they want to play in the local sandbox.

But the real problem arises when the 800-pound gorillas of government — the provincial and federal authorities — decide they want to play in the local sandbox.

We've talked about provincial meddling in civic affairs in this column in the past. Whether it's announcing money for projects the city hasn't even approved yet — like the Southdale Community Centre expansion a few years ago — or doling out operating funding for specific priorities (i.e: transit, libraries, policing) rather than letting the city make its own spending decisions, the province is far too involved in civic business.

But the federal government is just as guilty of going way beyond its own scope.

For example, the feds announced last week they're contributing $100,000 toward field and clubhouse improvements for the Transcona Nationals football club, and another $63,000 for playground improvements at the Oxford Heights Community Centre.

These might be great community-driven projects, but no one can make a legitimate argument that football fields and playground slides are in the national interest.

Oh, but they'll try. The money for these projects is coming from the Community Infrastructure Investment Fund, which is described on the government's website as "part of Canada's Economic Action Plan 2012, the Government of Canada's multi-faceted plan to aid in creating jobs, growth, and prosperity."

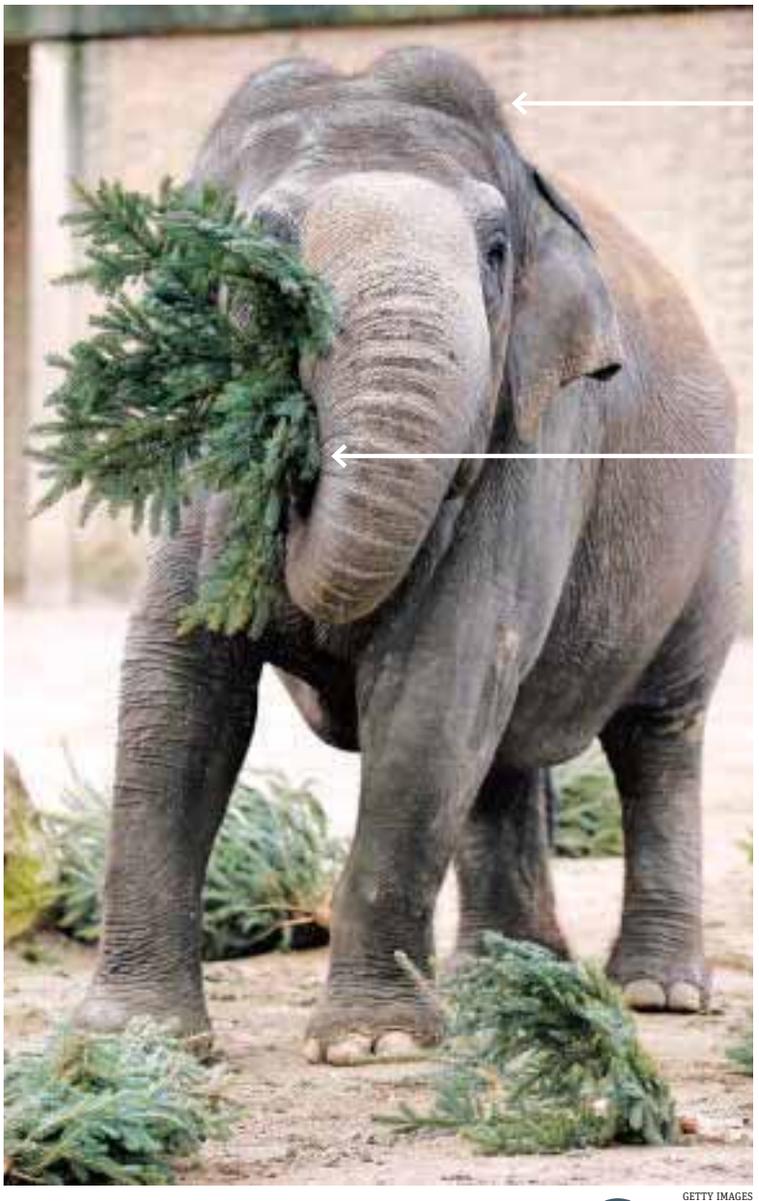
Yes, that's right. We're going to see-saw our way to prosperity, and tackle employment growth through actual tackling.

It's easy too see why senior levels of government want to mess with civic responsibilities. Even though the city takes the smallest cut of overall taxes, the areas it's responsible for — like roads, parks, recreation centres and police and fire departments — touch citizens in a way that's often more tangible than provincial or federal services.

But when governments refuse to stick to their knitting, then they're rejecting good management practices in exchange for a bit of good publicity. And given the current state of federal and provincial finances, clearly both governments should have bigger priorities than choosing playground equipment or mapping out bus routes.

In the long run, if Prime Minister Stephen Harper and Premier Greg Selinger really want to help cities, then they'd be better off trying to find ways to empower local governments, rather than trying to play mayor themselves.

He's got room for leftovers!



GETTY IMAGES

Post-seasonal feast

Elephants eat up Christmas trees

Elephants at the Berlin Zoo finally got their trunks on Christmas dinner: A clump of unsold pine trees. Pachyderms young and old played with the plants Friday before devouring them after catching the trees' strong smell. One elephant ate more than 150 kilograms of trees in one sitting. **METRO WORLD NEWS**

Gentle diners

"They don't just poke the tree into their mouths. ... They gently pluck the branches."
Berlin Zoo elephant keeper Ragnar Kuehne

Pine-tuned recycling

MissileToe rocket is a real cracker

Feeding elephants is not the only way to get rid of unwanted festive trees. A team of U.S. inventors recycled a Christmas tree by turning it into a rocket. The XMS MissileToe comprises one tree, 32 rocket engines powered by a car battery, baubles and a star ornament. **METRO WORLD NEWS**

A screengrab of the Christmas tree rocket. YOUTUBE/ROCKETCHRISTMASTREE

Lupine loner

My, what a big following you have, Mr. Wolf

He doesn't like busy Interstate 5 or eating cattle, at least so far. He gets along with his distant cousins the coyotes, likes to swim and roams a lot — an awful lot — around the northernmost reaches of California.

A week or so ago, California's lone grey wolf passed his one-year anniversary as a transplant resident with the same technical accoutrements some people possess: A Twitter account and an online site about his travels.

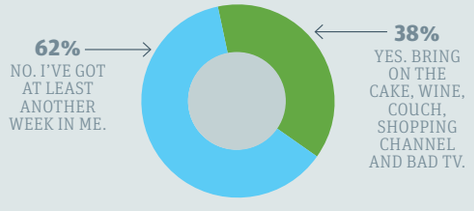
"What strikes me about him is that when I talk to the general public, they show remarkable knowledge about his movements, much more than some world events," said Richard Callas, a senior environmental scientist with the California Department of Fish and Wildlife.

The wolf is believed to be the first to roam the state since 1924. **THE ASSOCIATED PRESS**

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Have you already given up on your New Year's resolution?



Twitter

@crashmaster007: With no re-alignment this season it means we still have a chance to see "Winnipeg Jets, Southeast Division Champs" which would behilarious.

@Bernieparent: Welcome back NHL. Jan 15 2013 Flyers vs Winnipeg Jets.

@JJ_Power97: Happy for the people working the MTS Centre concessions & the businesses in downtown Winnipeg, but that's it.

@hockeyfights: I'm glad things were thought about logically. Now I get to see Winnipeg labeled "South" again.

@Epwich76: I think a shot of whiskey needs to go into my coffee this morning... #TimeToCelebrate #DropThePuck #GoJetsGo !!!

metro

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Howes teams with Murdoch for a Churchill whodunit

Guest appearance.
Downton Abbey actor plays a pre-PM Winnie who finds himself in trouble in Toronto

ANNE BRODIE
scene@metronews.ca

Thomas Howes, left, guest stars on Murdoch Mysteries next Monday. SHANE MAHOOD

Watch

Murdoch Mysteries premieres on CBC Television tonight. The episode featuring Thomas Howes airs Monday, Jan. 14 at 9 p.m.

Downton Abbey's new season is now airing Sunday nights on PBS. Vision is currently airing Season 1 on Wednesdays. It will air Season 2 starting in February and Season 3 in April.

Winston Churchill in Toronto under arrest for murder following a blind, drunken night on the town? Could it be? He often visited the city, which pays tribute to him in school names, memorials, statues and academic societies.

Ryerson's Life Institute offers courses on his remarkable life. CBC's Murdoch Mysteries has him walking our streets once again, played by another familiar Englishman: Thomas Howes, Downton Abbey's ill-fated second footman William Mason. But murder? We visited Howes on the north Toronto set:

What kind of man is your Churchill?
Churchill is a young man, very active, tall and he's just had the Battle of Omdurman and the war of the Boers and it's been a very active time in his life.

We start in 1909 when he's doing these lecture tours in Britain and the States and Toronto. And that's where we find him, with Murdoch. It's turning into the new century, 1900, described as The Hangover of the 1900s.

He has no memory of the night before. But we find him drugged in this hotel room with the dead body of his best friend and he goes around with Murdoch trying to recall the memories he's lost and recall whodunit because it looks like it could be him.

So he's trying to piece together the answer to the mystery.

You are covered in (fake) blood as we speak. Doesn't look good for Churchill.
Well that you'll have to wait to find out why because it could be he killed this guy or it might be some other reason, but he's got the fellow's blood all over his hands.

I understand there was some drunken swordplay.
We had a great day yesterday (on Murdoch) because Emmanuel, who plays Al, and I wanted to do our sword fighting scene ourselves.

We didn't think we'd be allowed to but we were. They got shots with professionals doing some key bits of the sword fighting, but everything else they let us do ourselves! There is going to be a lot of us in the thick of it.

Ever since drama school, I've been falling down trap doors, hanging on ropes, football, which I'm no good at, running around the trenches with guns and now sword-fighting. But I love all that. I really do. I relish it. I always get the stunts. They always give me stuff that should be done by dashing young hero types, but they love to see me in those situations.

Downton Abbey's given you a big career boost. How has it changed things?
It has. I have credits before this, but they were all stage. I wasn't sure if I would ever do anything on telly, but Downton came along and recently it's all been screen work. I'm juggling both at the moment. It did me a huge favour. A lot of the offers I get now are just off the back of that and I probably only got Murdoch Mysteries because of Downton, because it's quite popular here too. It was big in Britain and huge in the U.S. and here.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Celebrities who have had a rough start to 2013

THE WORD
Dorothy Robinson
scene@metronews.ca

January is shaping up to be a bad month for these stars.

Is it the weather? The new year? Holiday hangovers? Seasonal effective disorder? Whatever it is, something is happening this month with celebrities and the law.

Over the weekend, TMZ.com posted photos of Justin Bieber smoking what appears to be marijuana. But the singer is trying to take the controversy in stride.

"Everyday growing and learning. Trying to be better. (You) get knocked down, (you) get up," Bieber posted to his fans on Twitter. "Back on tour tomorrow. Ready to see (you) all smile. Time to do what I'm supposed to be doing. Performing."

Josh Brolin, who is no stranger to getting into trouble in bars while drinking, was arrested at 11:30 p.m. on Jan. 1 for public intoxication outside a Santa Monica, Calif., bar, according to E! News.

"He was intoxicated and unable to care for himself," a police spokesman says. "He was booked and released with no further action pending." If his mugshot is any indication, Brolin wasn't too thrilled about the ordeal.

Criminal Minds and Dharma & Greg star Thomas Gibson was arrested Sunday morning for suspicion of a DUI, TMZ reports.

Gibson attempted to drive through a part of downtown Los Angeles that had been sectioned off for a half marathon; he was told he couldn't drive through, but he did anyway.

None to happy about being ignored, the police caught up with him and smelled booze in the car. The actor refused to take a breathalyzer test, but was arrested on suspicion of DUI anyway and taken into custody.

Jessica Chastain stars in Zero Dark Thirty.

Chastain in love with movies, not movie stars

As Zero Dark Thirty star Jessica Chastain's fame increases, don't expect her to become part of a Hollywood couple.

"I have dated an actor before, at Juilliard, but since then, I've only been on a couple of dates with one and I was so freaked out someone was going to take a picture of us, because they were famous," she tells InStyle.

Of course, it wasn't just the potential for paparazzi that got to her.

"I realized I wanted just to be able to hang out with someone, and I didn't want to talk about the business, first of all," she says.

"I love movies. But I love talking about them like when I was 15 years old. I'm a film fan, but I don't want to talk about auditions or what movie I'm gonna do. I find that so boring."

Russell Crowe unfazed by Lambert's criticism

Russell Crowe knows how to handle criticism, especially when it comes to his singing in Les Miserables.

Singer Adam Lambert took to Twitter to complain about the film, posting that it "suffered massively (because of) great actors pretending to be singers."

But apparently there are no hard feelings, as Crowe himself posted as much to Twitter.

"I don't disagree with Adam. Sure it could have been sweetened, (director Tom) Hooper wanted it raw and real, that's how it was."

Russell Crowe.

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Mommy trend

Ultrasound party

It seems we're always on the lookout for a novel way to celebrate the arrival of a baby — the latest of which is the ultrasound party. Your family and friends huddle around, drinks in hand, while the mom-to-be gets her belly squirted with jelly by the ultrasound tech.

But though the trend is gaining momentum, it's not for everyone. And, of course, there are unanticipated risks. Say the machine fails to detect a fetal heartbeat? After all, the whole purpose of ultrasounds is to detect abnormalities—they weren't created for the sake of entertainment.

JULIE M. GREEN OF YUMMYMUMMYCLUB.CA

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Our water bottles always get mixed up on family outings.

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EDITH HILLER OF YUMMYMUMMYCLUB.CA

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- **Uh oh.** Mommy's fridge and your diaper drawer are running on empty, which means it's time for the dreaded trip to the local supermarket. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices.

I am a beautiful princess...

Daddy-daughter time. One father explains why tiaras and fairy wings are teaching his daughter a very important life lesson

JOE BOUGHNER
Metro World News

One dad is using dress-up time with his daughter to teach her acceptance. ISTOCK

Joe Boughner, who plays dress-up with his daughter. SUBMITTED

Why, yes, I am a beautiful princess. Thank you for noticing.

The list of reasons to explain how I found myself dancing around the living room, sporting fairy wings, a tiara and a wand the other night is a long and varied one. My willingness to do almost anything to make my daughter laugh is, admittedly, chief among them. My desire to seize upon any opportunity to reinforce the importance of sharing is too (we've been struggling with sharing lately, so when she offered to share her tiara, who was I to say no?).

In fact, if I'm being honest, the chance to engage in a little gender-bending play, thus normalizing the sight of a man doing a typically girly thing, was nowhere near the top of my mind as we bounced and laughed and sang along to Toopy and Binoo Christmas carols. But the more I think about stuff like this, the more important it seems.

It seems — in a lot of ways — girls have it easier when it comes to going against gender norms. Girls doing "boy" things — playing in the dirt, enjoying science, etc. — are a common sight these days. Boys doing "girl" things, though? That's another story.

So, while we may have gotten off the hook with our daughter in this respect (don't worry, there are plenty of other reasons to be terrified of parenting a girl instead of a boy), I still feel something of an obligation to make sure that my daughter isn't part of the problem, should a boy in her class or peer group be inclined to wear nail polish or take ballet.

My kid is smart and sweet and sensitive, but, then again, so was I. And even if I didn't grow up picking on and teasing the boy who took dance or the other one who did gymnastics, I wasn't really rushing to their defence or even hanging out with them, either. Because, to me, it was just weird. Picking dance over hockey was weird. Picking gymnastics over basketball was weird.

I didn't accept it, I tolerated it. Frankly, that's not enough. Tolerance suggests there's something outside the norm that one has to tolerate. I don't want my daughter to tolerate this sort of thing, I want her to grow up oblivious as to why something as inconsequential as a boy wanting to wear a dress would ever even be an issue to anyone.

I'm not delusional here. I don't for a second believe that my willingness to wear fairy wings and a tiara will magically erase stupid biases and preconceived notions of appropriate play for boys and girls for an entire generation. Hell, I don't even believe it will have that effect on my daughter. There are still way too many people and products out there reinforcing gender expectations.

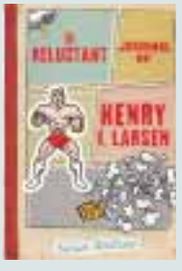
But I do believe that every little bit helps. So, if my kid asks me to wear a tiara, I'll wear the tiara.

And, frankly, I think I pull it off. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD**

Two books that tackle the dark side of childhood

It takes guts for an adult writer to convey real emotions and issues from a kid's perspective. The Reluctant Diary of Henry K. Larsen and Wonder by R.J. Palacio are two gutsy, powerful books that will resonate with young adults. These books speak the truth about tween and teenage life. Rather than sugarcoat difficult issues, the writers use insight and dark humour to spark interest. After my daughter read one of the books, we had a great discussion. It reminded me that the most difficult topics can make great conversation, especially when they lie safely between the covers of a book. **RUTH SPIVK OF YUMMYMUMMYCLUB.CA**

The Reluctant Journal of Henry



Winner of the Governor General's Literary Awards, 2012. After "it" happened, 13-year-old Henry's life would never be the same. "When people find out you're related to a guy who committed murder/suicide, they can never treat you the same way ever again. They can't help thinking that, at any moment, you could go postal, too." Henry's struggle to recover a sense of normalcy after his brother's crime and death was deeply moving, but not sappy. Author Susan Nielsen's exploration into the dynamic of bullies and victims was heart-wrenching. (Ages: 11 and up.)

Wonder

"If I found a magic lamp and I could have one wish, I would wish that I had a normal face that no one ever noticed at all." August's facial deformities have kept him from going to school, but that's about to change. How much courage will it take to be different among ordinary kids? Maybe August isn't so different after all, but it won't be easy convincing others not to judge a boy by his face. An uplifting story about courage, friendship, and the power to overcome adversity. "Be extraordinary in an ordinary world." (Ages: nine and up.)

Tasty layers of mushrooms, spinach and sausage in strata

Also called a "wife saver" (or a "husband saver" in some families), this make-ahead dish is a great way to start the morning. Old Canadian Cheddar, eggs and crusty sourdough are the perfect backdrop to mushrooms, spinach and crumbled sausage. It's gourmet breakfast, all in one dish.

Serves six to eight. THE CANADIAN PRESS HANDOUT

Ingredients

- 1 tsp (5 ml) butter
- 12 oz (400 g) Italian sausages (about 3), casing removed and roughly chopped
- 1 lb (500 g) mixed wild mushrooms, stems removed and sliced
- 8 green onions, white part only, thinly sliced (1/4 cup/60 ml)
- 3 cups (750 ml) lightly packed fresh baby spinach
- 4 large slices (1/2-inch/1 cm thick) day-old sourdough bread
- 6 eggs
- 3 cups (750 ml) milk
- 1/2 tsp (2 ml) salt and pepper
- 1 tbsp (15 ml) Worcestershire sauce
- Dash hot pepper sauce
- 2 cups (500 ml) shredded old Canadian cheddar cheese

1. Butter a 13 x 9-inch (3 L) glass baking dish and set aside.

2. In skillet, melt butter over medium heat. Add sausage and fry, breaking up bits with a wooden spoon for about 5 minutes or until lightly browned and beginning to cook through. Spoon off any excess fat. Add mushrooms and cook, stirring occasionally, 10 minutes or until soft and beginning to brown and sausage is no longer pink. Add onions and spinach and stir until everything is mixed and glossy. Remove pan from heat and let cool slightly.

3. Layer bread slices over bottom of dish. Spoon sausage mixture over bread. In a blender, combine eggs, milk, salt, pepper, Worcestershire, and hot pepper sauce and blend until smooth. Pour mixture evenly over sausage mixture. Top with Canadian cheddar cheese. Cover dish with plastic wrap and refrigerate for 8 to 12 hours.

4. When ready to serve, preheat oven to 350 F (180 C). Uncover dish and bake strata for 50 to 60 minutes, or until puffed and top is crispy and golden. Let stand for 10 minutes before serving.

DAIRYGOODNESS.CA

Healthy eating

Choose it and lose it

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Soul-warming soup is just the thing for the winter blues. Tim Hortons has a delicious variety, but some of the options come packed with calories, fat and sodium.

Tim Hortons Chili

290 calories/ 16 g fat/ 1,310 mg sodium
Chili can vary greatly in nutrients. The fat comes from fattier beef and oil. The salt is close to your day's intake and comes from canned beans and canned tomatoes.

Equivalent

One Tim Hortons Chili is equal in sodium to almost 33 cups of Kernel's original Butter Salt Popcorn.

Tim Hortons Cream of Mushroom

150 calories/ 3 g fat/ 740 mg sodium
It's shocking that a creamy soup would have so little calories and fat. This tells you that fortunately more mushrooms are used.

small coffee* & muffin
$1.39 plus tax
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McCafé
QUAKER
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The In-Credibility Factor

Name: Sandra Milligan
City: Toronto
Age: 37
Occupation: Founder of Boxx Cosmetics

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

A car crash at the age of 19 ended Sandra Milligan's equestrian pursuits and her dream of becoming a veterinarian. Turning to a career in the beauty industry, Sandra opened up a successful salon and recently launched a new makeup line called Boxx Cosmetics. Noticing there was a gap in the marketplace, Sandra created a cosmetic line of multi-use products that are infused with skin care ingredients. After eight years of research and development, this beauty entrepreneur is watching her new company grow.

I knew I was on my way when ... I saw my products on the first shelves and in online retail stores. My vision was so clear and it translated how I always envisioned it would. I've learned beauty is a personal thing and everyone sees themselves differently. I like that I can help women see what they find beautiful about themselves and then enhance their ability to do it for themselves on a daily basis.

Action Plan

Believe in yourself and create a clear plan on how to execute your strategy

There will always be unexpected hurdles but that's exactly what they are. Go over one at a time and you will learn immensely from the right or wrong decisions.

Trust your gut reaction if you need to make a quick decision

People love to give opinions and speak about their own experiences. Only you will know what is right for you and your growing company. No one knows it like you do.

Never give up

The road gets far worse than you ever imagined before it gets better — but it will!

Sandra Milligan founded Boxx Cosmetics after a car crash ended her equestrian dreams. PROVIDED

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What to do when the kid comes back

Mommy, I'm home!
Those dreams of hitting it big in the job world have yet to work out, so Junior's returning to the roost

Boomerang boom?

- According to the 2011 Statistics Canada census, 42.3 per cent of young adults aged 20 to 29 were living with their parents.

If the length of your child's return stay is indefinite, make sure to reconvene every month or so to discuss his or her plan of action. ISTOCK

Doesn't it figure? Just when you thought it was safe to sneak off into retirement, your 20-something-year-old baby has returned home to reclaim his teenage bedroom in the basement.

"It's OK, it'll only be for a few months," your child tells you as he or she brushes by with a few boxes and mismatched furniture in tow.

Of course you're happy to have him or her home, but you may have underestimated the impact a child's return can have on the family and your finances, especially if he or she's between jobs.

There's no question that the cost of running your household will go up and a certain amount of your freedom will be lost. To avoid any misunderstandings or unpleasant surprises, it's important to first clarify the rules of the house.

Discuss the use of common areas and shared resources like TV and laundry, as well as meal times. You also need to broach the delicate issue of guests who might drop in.

Some families even go so far as to sign a contract. Whatever form your agreement takes, it's important to define the following conditions with your child:

Length of stay
In most cases, children move back home due to unforeseen events. Your child will tell you it's only temporary, so agree to review the situation at regular intervals.

Rent
You could ask your child to pay for room and board (i.e. their share of the rent, groceries, hydro, internet, etc.). Or it could be a nominal amount based on what he or she can afford. Or you could give your kid the option to pay his or her way by helping out around the house. All this allows boomeranging children to maintain a certain level of responsibility and pride.

Savings
If it turns out that you don't really need the added income, consider investing it for your child to help him or her get back on his or her feet.

During this period of transition, make sure you stay on top of any changes in your finances. If things look like they're shifting too much, don't hesitate to talk to your financial advisor.

NEWS CANADA

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WITS Personal Fitness Trainer: Feb 26 – Apr 30
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Improve homework habits in four steps

Expert advice. Oxford Learning's Dr. Nick Whitehead has these tips to offer for making homework time as hassle free as possible

Do you want to make homework simpler? It can be done readily with a little guidance from specialists in this field.

Oxford Learning founder and CEO, Dr. Nick Whitehead, says that homework doesn't always have to be a headache.

"Homework might be an unavoidable part of school, but it doesn't have to be the worst part.

With the right skills in place, students can turn homework from headache-inducing to hassle-free."

These steps will make a quick difference:

Use your agenda

The brain is capable of great feats, but it's not perfect. Students should never rely on it to recall every school detail.

When a teacher assigns homework, students should write the details in their agenda. Many schools provide agendas because they are the best organizational tools available.

According to Whitehead, to make them effective, students need to remember to take the agenda out of their school bags at night, open it up, and read over the night's to-do list.

Remove distractions

Computer on, music on, text messages incoming ... this is not multitasking, it's distracting.

Whitehead says that unless students are doing research, they should shut off all electronics and focus on the task at hand for a set period of time. They'll find that it's easier to concentrate and that tasks take less time.

He adds that this fact has been confirmed by studies showing learning isn't as deep and that retention suffers when students multitask.

Think actively

Getting homework done is the name of the game, but what happens if students are struggling with a question, or can't figure out an answer? Before giving in to frustration, it is wise for the student to take a small break then return to look at the problem again.

According to Whitehead, students should consult their textbooks and school notes, take a step back to ask what the particular unit is all about, and even move ahead a few questions and see if the next section can help explain a little better. If not, use the Internet.

"Don't just stare at the question; ask how this question relates to what is being learned overall," he says.

Get organized

Homework is as much a part of the daily routine as waking up in the morning and going to bed at night, but it's often the most disorganized part. Whitehead recommends streamlining the process.

"Students should keep all the homework-related accessories in a bin or a bucket so they don't waste time searching for pens or a calculator."

He also recommends picking the same spot to do homework every night, and (when possible) completing homework at the same time each day.

NEWS CANADA

Homework is more like a molehill than a mountain if you approach it the right way. ISTOCK

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The biz of benefiting from a mentor

When you picture a mentor, what image pops into your head? For many people, the image is someone in their 50s or 60s who has been in a particular industry for decades or who is retired or semi-retired and still enjoys teaching. There are, however, many faces of mentoring.

Today, young and emerging entrepreneurs are not only starting and expanding their own businesses, they are knowledge-sharing with their peers and even becoming mentors to those who once guided their own decisions for the future. Many young entrepreneurs enjoy the personal growth they experience from being both mentee and mentor, with those roles becoming less of a hard line in the sand through the abundance of resources and tools now available at our fingertips.

Linda Morana, mentor-in-residence at the Canadian Youth Business Foundation, sees the impact mentoring relationships have on both mentors and young entrepreneurs. "They appreciate the unique and valuable perspectives they receive from one another — it is not a one-sided process that only benefits the entrepreneur," explains Linda.

"We've received great feedback at events where we included reverse-mentoring because it involves more of an equal exchange: Mentors coach entrepreneurs through a business challenge and vice-versa. It's also a social and an idea generation exchange as much as a business interchange."

NEWS CANADA

These days, the line between mentor and mentee are blurred. ISTOCK

Dragon puts his two cents on paper

The O'Leary exchange of advice. Canadian business dynamo Kevin O'Leary pens candid book on penny pinching for every age category

As a lead dragon of CBC's Dragon's Den and ABC's Shark Tank, Kevin O'Leary's success with money management and in business is legendary.

But he's made mistakes along the way too.

In his new book, The Cold Hard Truth About Men, Women and Money, the dragon dishes to all generations about his errors and triumphs and mentors his readers on making money and growing it faster to achieve financial freedom.

Here is an excerpt from the recently released book, aimed at helping young adults get on their way to a monetary win:

Today, Kevin O'Leary is the chairman of O'Leary Funds, a $1.7 billion mutual fund company. AARON HARRIS/TORSTAR NEWS SERVICE

On education and part-time work:

"Your education can be the best investment you'll ever make, or the worst one. It's an expensive and time-consuming undertaking. And make no mistake — it is an investment. It's not a break between childhood and adulthood, or an opportunity to take it easy before real life kicks in. Every dollar you spend on post-secondary education has to be viewed in terms of its financial return. Getting smart costs money, so don't be a dummy.

"I'm going to sound like an old guy here, but when I was in school, kids worked. They didn't spend four to six hours a night on Facebook or playing video games. They worked in bars and restaurants near the campus and they lived with a pile of roommates, some sleeping on a cot in the hallway.

"That's just how it was. That's how you saved a buck. I monetized my shuffleboard hobby and made a killing playing three nights a week against other players in local pubs. Even if you have to lighten your study load and graduate in five rather than four years, it's better to do that than accumulate a massive debt." METRO

4 SPORTS

Twitter reaction

"So excited to get back to Edmonton. See you soon Oiler fans!!!!"

Edmonton Oilers left-winger Taylor Hall

"To the fans that won't come back, I can understand. To the ones that will, thank you for your patience."

Phoenix Coyotes forward Paul Bissonnette

"Woke up to some great news...Big thank you to all who put in countless hours to get this thing done @NHLPA." New York Islanders forward Matt Moulson

"Bettman was the guy that had to pull the trigger whether this was done or not. He saved the season."

CBC's Don Cherry, giving credit to Gary Bettman for ending the lockout.

"First order of business: raise banner."

A tweet from the Stanley Cup champion Los Angeles Kings

NHL season saved from the abyss

Deal made. Lockout ends with tentative deal between league, NHLPA

Young hockey players skate across the Bell Centre ice in Montreal on Sunday. The Canadiens will return to their arena in the weeks ahead after a deal was reached to end the NHL lockout early Sunday morning. GRAHAM HUGHES/THE CANADIAN PRESS

An agonizingly long series of negotiations needed one final push. Spurred on by a tireless mediator, the NHL and the NHL Players' Association worked through the night to finally set aside their differences and return hockey to the place it belongs.

On the ice.

It almost seemed too good to be true when word started to leak out early Sunday morning that a marathon 16-hour negotiating session had produced a tentative deal to end the 113-day lockout. But then Gary Bettman and Donald Fehr appeared together to share the news.

"Hopefully, within a very few days the fans can get back to watching people who are skating — not the two of us," said Fehr, the NHLPA's executive director, looking as exhausted as everyone else in the bargaining room.

There is still plenty to do in a short period of time. In fact, the sides continued hammering out the final details of the players' new defined-benefit pension plan even after the tentative deal was reached around 4:45 a.m. in a second-floor conference room at a Manhattan hotel.

Next on the agenda will be committing every legal point to paper in an agreeable manner and conducting ratification votes. Both sides are in need of majority support among their memberships, and the still-to-be-determined timing of that process will determine if the shortened schedule ends up being 48 games or 50 games.

"We have reached an agreement on the framework of a new collective-bargaining agreement, the details of which need to be put to paper," said commissioner Bettman. "We've got to dot a lot of i's and cross a lot of t's. There's still a lot of work to be done but the basic framework of the deal has been agreed upon."

At least some of the credit for that goes to Scot L. Beckenbaugh, a U.S. federal mediator who remained undeterred even though his previous experience with the two sides came during the previous lockout, just days before the 2004-05 season was cancelled.

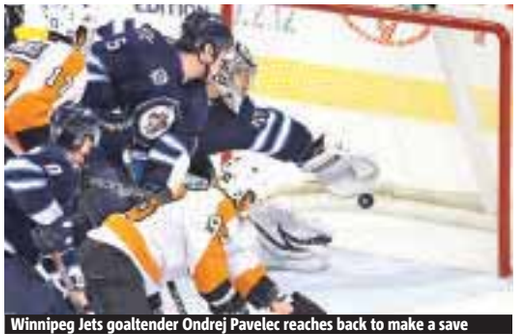
It was Beckenbaugh who helped keep talks on track over the last week and set the table for the final breakthrough. According to sources, it was during a lengthy round of shuttle mediation on Friday where he was able to start pushing the sides towards the framework that ultimately shaped the deal.

THE CANADIAN PRESS

Highlights of NHL's new deal

- The CBA will run for 10 years through Sept. 15, 2022, with a mutual option to terminate after eight years.
- Players receive a defined-benefit pension plan.
- Owners and players split revenue 50-50 each season, with players receiving $300 million US in deferred "make-whole payments" to ease the transition from previous system.
- A pro-rated salary cap of $70.2 million for the shortened 2012-13 season followed by a salary cap of $64.3 million in 2013-14. The salary floor will be set at $44 million for both years.
- Seven-year limit on free-agent contracts (eight-year limit when a team signs its own player to an extension).

Expectations for Jets soar in second season



Winnipeg Jets goaltender Ondrej Pavelec reaches back to make a save against the Philadelphia Flyers last February in Winnipeg. The Jets' success or failure in the coming season could very well be determined by Pavelec. GETTY IMAGES FILE

Last season, hockey fans in Winnipeg were just happy to have their beloved Jets back home.

It will be a different story when they return for their second campaign, a compressed season expected to begin later this month after the NHL and its players reached a tentative collective-bargaining agreement to end the lockout Sunday.

While the team wouldn't comment on the tentative agreement or the upcoming season Sunday, head coach Claude Noel said at the end of the 2011-12 campaign that the bar has to be raised.

Looking to take off

The Jets tied for 10th in the Eastern Conference, eight points out of a playoff spot with a 37-35-10 record.

"I was real patient this year, which was real good for me and I think it was good for the team," he said in April. "I'll be less patient next year."

The Jets did more adding than subtracting to their roster before the league locked out the players Sept. 15. The top 10 scorers from last year's team are all back to go along with the free-agent acquisitions of veteran forwards Olli Jokinen and Alexei Ponikarovsky.

While they'll be expected to give the team some added scoring punch, the Jets' success or failure in 2013 is more likely to be determined at the other end of the ice. The team finished 12th in league in goals scored last season, but was 26th in goals against.

Ondrej Pavelec started 67 games in net, posting below-average numbers but making enough highlight-reel saves to earn a five-year, $19.5-million US contract in the summer. THE CANADIAN PRESS

Ray Lewis of the Baltimore Ravens reacts against the Indianapolis Colts on Sunday in Baltimore, Md. PATRICK SMITH/GETTY IMAGES

Lewis' last ride is taking him through Denver

NFL. Colts' loss ends turnaround season with rookie QB Luck

Anquan Boldin, Joe Flacco and a staunch Baltimore defence made sure on Sunday Ray Lewis' last ride will take him to Denver.

Boldin set a franchise record with 145 yards receiving, including the clinching touchdown in the Ravens' 24-9 victory over Andrew Luck and Indianapolis in an AFC wild-card game in Baltimore, Md. The win delays star linebacker Lewis' retirement for at least another week as Baltimore (11-6) heads to Denver next Saturday.

The Broncos beat the Ravens 34-17 three weeks ago.

"I wanted Denver," Boldin said. "Because they beat us."

Lewis, who made 13 tackles, even lined up at fullback for the final kneel-down in his last home game of a 17-year career. He then went into a short version of his trademark dance before being mobbed by teammates.

He followed with a victory lap after playing for the first time since tearing his right triceps on Oct. 14 against Dallas.

The loss ended the Colts' turnaround season, in which they went from 2-14 to the playoffs in coach Chuck Pagano's first year in Indianapolis (11-6). Pagano missed 12 weeks while undergoing treatment for leukemia and returned last week.

Sunday's victory enhanced the Ravens' success rate in opening playoff games. Flacco now has won at least one post-season game in all five of his pro seasons, the only quarterback to do it in the Super Bowl era.

His main target Sunday was Boldin, who had receptions of 50 and 46 yards, plus his 18-yard TD on a floater from Flacco in the corner of the end zone with 9:14 to go.

THE ASSOCIATED PRESS

Quoted

"I knew how it started, but I never knew how it would end here in Baltimore. To go the way it did today, I wouldn't change nothing."

Baltimore Ravens linebacker Ray Lewis on his last game on home turf.

NFL

Seahawks soar past wounded Washington

Robert Griffin III reached too far for the football, his already injured right leg twisting gruesomely behind him.

Just like that, Griffin was done. And so were the Washington Redskins.

The Seattle Seahawks finally won a road playoff game, snapping an eight-game post-season skid away from home with a 24-14 NFC wild-card victory Sunday over the Redskins, who lost Griffin to another knee injury in the fourth quarter.

"I think I did put myself at more risk by being out there," Griffin said. "But every time you get on the field, you're putting yourself on the line."

Coach Mike Shanahan said Griffin was scheduled for an MRI to determine the extent of the injury.

Washington won seven straight games to win the NFC East title and become the only team in the last 16 years to make the playoffs after a 3-6 start.

THE ASSOCIATED PRESS

NFL

Bills turning to Orangemen's Marrone: Sources

Doug Marrone is set to try to turn around an NFL team after improving a college program down the road.

Marrone reached an agreement to become the Buffalo Bills' new coach Sunday, three people familiar with the negotiations told The Associated Press. One person said the sides were still putting the finishing touches on the contract for Marrone to sign.

The people spoke on condition of anonymity because there has not been an official announcement.

Marrone will replace Chan Gailey, who was fired Dec. 31, a day after the Bills closed their second consecutive season with a 6-10 record and extended the NFL's longest active playoff drought to 13 seasons. The 48-year-old Marrone, who is from the Bronx, went 25-25 in four seasons at Syracuse.

THE ASSOCIATED PRESS

Doug Marrone coaches Syracuse in the New Era Pinstripe Bowl at Yankee Stadium on Dec. 29. GETTY IMAGES

World juniors. Team Canada finds some solace in news of NHL's return

The news for Team Canada went from bad to worse to hmm.

The World Juniors team had been awake for nearly 30 hours — including for their bronze medal loss to Russia and flights to Helsinki and London — when they landed at Heathrow to find out their flight to Canada had been delayed a further 12 hours.

But in the time between landing in London and getting squirreled away for a day in an airport hotel, they received word that the NHL lockout would be ending.

Clearly exhausted after their flights, and frustrated at the delays that would see them — at best — getting back home in the wee hours of Monday morning — some perked up at the news they would be soon in long-awaited NHL camps.

"Can't wait," said goalie Malcolm Subban. "I'm tired, but I want to go to camp."

Some gathered around computers that needed one-pound coins to be operated to learn about the contents of the CBA they'd be playing under.

"I guess that's not bad," said Leaf prospect defenceman Morgan Rielly, referring to the cap at seven years for free agents.

Hockey Canada asked that the players not be interviewed.

The team has a number of players who would likely go to NHL camps once they receive official word.

Rielly will head to Leafs camp, while Ryan Nugent-Hopkins will of course return to the Edmonton Oilers.

Among the others: Subban and Dougie Hamilton to the Bruins; Mark Sheifele to the Winnipeg Jets; Jonathan Huberdeau to the Florida Panthers; Ryan Murphy to the Carolina Hurricanes; Scott Harrington to the Pittsburgh Penguins; and Griffin Reinhart and Ryan Strome to the New York Islanders.

TORSTAR NEWS SERVICE

Ryan Nugent-Hopkins reacts to his team's loss to Russia in the bronze-medal game on Saturday. THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	23	9	.719	—
d-New York	23	10	.697	½
Atlanta	20	12	.625	3
d-Indiana	20	14	.588	4
Chicago	18	13	.581	4½
Brooklyn	19	15	.559	5
Milwaukee	16	16	.500	7
Boston	16	17	.485	7½
Philadelphia	15	20	.429	9½
Detroit	13	22	.371	11½
Orlando	12	21	.364	11½
Toronto	12	22	.353	12
Charlotte	8	24	.250	15
Cleveland	8	27	.229	16½
Washington	4	28	.125	19

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	26	7	.788	—
d-L.A. Clippers	27	8	.771	—
d-San Antonio	27	9	.750	½
Memphis	20	10	.667	4½
Golden State	22	11	.667	4
Houston	20	14	.588	6½
Portland	18	15	.545	8
Denver	19	16	.543	8
Minnesota	15	15	.500	9½
Utah	17	18	.486	10
L.A. Lakers	15	17	.469	10½
Dallas	13	21	.382	13½
Sacramento	13	21	.382	13½
Phoenix	12	22	.353	14½
New Orleans	8	25	.242	18

Sunday's results
Oklahoma City 104 Toronto 92
Miami 99 Washington 71
Charlotte at Detroit
Memphis at Phoenix
Denver at L.A. Lakers
Saturday's results
Boston 89 Atlanta 81
Brooklyn 113 Sacramento 93
Denver 110 Utah 91
Houston 112 Cleveland 104
Indiana 95 Milwaukee 80
L.A. Clippers 115 Golden State 89
New Orleans 99 Dallas 96 (OT)
New York 114 Orlando 106
Portland 102 Minnesota 97
San Antonio 109 Philadelphia 86
Monday's games — All Times Eastern
Oklahoma City at Washington, 7 p.m.
Boston at New York, 7:30 p.m.
Cleveland at Chicago, 8 p.m.
San Antonio at New Orleans, 8 p.m.
Dallas at Utah, 9 p.m.
Orlando at Portland, 10 p.m.
Memphis at Sacramento, 10 p.m.

THUNDER 104, RAPTORS 92

OKLAHOMA CITY (104)
Durant 6-11 8-9 22, Ibaka 8-12 3-4 19, Perkins 2-4 0-0 4, Westbrook 8-17 6-6 23, Sefolosha 1-5 0-0 3, Martin 5-12 5-5 16, Collison 5-7 0-0 10, Thabeet 0-0 0-0 0, Jackson 3-7 0-0 7, Liggins 0-1 0-0 0, Maynor 0-1 0-0 0. Totals 38-77 22-24 104.
TORONTO (92)
Pietrus 1-4 0-0 3, Davis 2-7 0-0 4, Johnson 8-11 3-4 19, Calderon 4-8 1-1 10, DeRozan 4-16 3-4 11, Anderson 10-14 3-3 27, Fields 1-3 0-0 2, Ross 0-2 0-2 0, Lowry 3-8 2-3 10, Acy 1-1 4-4 6, Lucas 0-2 0-0 0. Totals 34-76 16-21 92.

Oklahoma City	**23**	**29**	**26**	**26—104**
Toronto	**18**	**32**	**17**	**25— 92**

3-Point Goals—Oklahoma City 6-22 (Durant 2-5, Jackson 1-3, Westbrook 1-3, Sefolosha 1-5, Martin 1-6), Toronto 8-23 (Anderson 4-8, Lowry 2-4, Pietrus 1-4, Calderon 1-4, Ross 0-1, DeRozan 0-1, Lucas 0-1). Fouled Out—None. Rebounds—Oklahoma City 46 (Ibaka, Collison 8), Toronto 42 (Johnson 9). Assists—Oklahoma City 24 (Durant, Westbrook 7), Toronto 28 (Calderon 11). Total Fouls—Oklahoma City 20, Toronto 18. Technicals—Durant, Toronto Coach Casey, Lowry. A—17,634 (19,800) at Toronto.

SOCCER

ENGLAND
FA CUP
Third Round
Sunday's results
Swansea City 2 Arsenal 2
Mansfield Town 1 Liverpool 2

ITALY
SERIE A
Sunday's results
AC Milan 2 Siena 1
Chievo 1 Atalanta 0
Fiorentina 0 Pescara 2
Genoa 2 Bologna 0
Juventus 1 Sampdoria 2
Napoli 4 Roma 1
Parma 2 Palermo 1
Udinese 3 Inter Milan 0

SPAIN
PRIMERA
Sunday's results
Barcelona 4 Espanyol 0
Celta Vigo 3 Valladolid 1
Mallorca 1 Atletico Madrid 1
Real Madrid 4 Real Sociedad 3

NFL

WILD-CARD PLAYOFFS
Sunday's results
AFC — Baltimore 24 Indianapolis 9
NFC — Seattle 24 Washington 14
Saturday's results
AFC — Houston 19 Cincinnati 13
NFC — Green Bay 24 Minnesota 10

DIVISIONAL PLAYOFFS
Saturday, Jan. 12 — All Times Eastern
AFC — Baltimoreat Denver, 4:30 p.m.
NFC — Green Bay at San Francisco, 8 p.m.
Sunday, Jan. 13
NFC — Seattle at Atlanta, 1 p.m.
AFC — Houston at New England, 4:30 p.m.

CONFERENCE CHAMPIONSHIPS
Sunday, Jan. 20
AFC and NFC, TBA

SUPER BOWL
Sunday, Feb. 3 — At New Orleans, La.
AFC vs. NFC champions, 6 p.m.

HOCKEY

IIHF WORLD JUNIOR CHAMPIONSHIP
At Ufa, Russia
Saturday's results
GOLD MEDAL
U.S. 3 Sweden 1
BRONZE MEDAL
Russia 6 **Canada 5** (OT)
Friday's result
FIFTH PLACE
Czech Republic 4 Switzerland 3

RECENT MEDALLISTS
The top three finishers in world junior hockey championships (in order of gold, silver and bronze):
2013 — U.S., Sweden, Russia
2012 — Sweden, Russia, **Canada**
2011 — Russia, Canada, U.S.
2010 — U.S., **Canada**, Sweden
2009 — **Canada**, Sweden, Russia
2008 — **Canada**, Sweden, Russia

FINAL SCORING LEADERS

	G	A	P
Nugent-Hopkins, Cda	**4**	**11**	**15**
Armia, Fin	6	6	12
Ma.Granlund, Fin	5	7	12
Teravainen, Fin	5	6	11
Gaudreau, U.S.	7	2	9
Dano, Svk	4	5	9
Trouba, U.S.	4	5	9
Huberdeau, Cda	**3**	**6**	**9**

Horoscopes

♈ Aries
March 21 - April 20
Something will happen today that makes you very angry – and you have every right to be annoyed. It's good to let off steam once in a while, and the planets warn that this particular explosion is long overdue.

♉ Taurus
April 21 - May 21
Success can be yours, but you must be positive. This is one of the best times of the year for getting yourself noticed, but it is more likely to happen if you put yourself in situations where you can be seen.

♊ Gemini
May 22 - June 21
Your confidence is sky-high at the moment and long may it stay that way. However, today's Mars-Saturn link warns that excessive self-belief could have negative consequences. Try not to be too outrageous.

♋ Cancer
June 22 - July 23
The current cosmic set-up makes it difficult to do anything out of the ordinary because you are afraid to draw attention to yourself. It is, however, a good time for planning. You've a whole year ahead of you.

♌ Leo
July 24 - Aug. 23
The planets warn that a rival is looking for ways to bring you down and profit at your expense, so be careful. Just because you play by the rules does not mean you can take it for granted they do too.

♍ Virgo
Aug. 24 - Sept. 23
You may have serious doubts about a project of some kind but you must not let them show because others are counting on you to lead the way. Is that a recipe for disaster? Maybe, but what choice do you have?

♎ Libra
Sept. 24 - Oct. 23
Opportunity is knocking loud and clear and you must allow yourself to hear it. This is one of the best times of the year for furthering your ambitions, so get up, get out there and get great things done.

♏ Scorpio
Oct. 24 - Nov. 22
Put your own needs first today and don't be afraid to do something that will give your rivals the ammunition they need to tell the world that you are selfish. Since when have you cared what other people think about you?

♐ Sagittarius
Nov. 23 - Dec. 21
What you need to understand today is that, while words are important, it is how you deliver them that matters. Just because you have something nasty to say does not mean you have to say it in a nasty voice.

♑ Capricorn
Dec. 22 - Jan. 20
Whatever your current worries may be they are of only minor importance. In fact, what happens over the next few days will make you realize that compared to most people you are actually very well off.

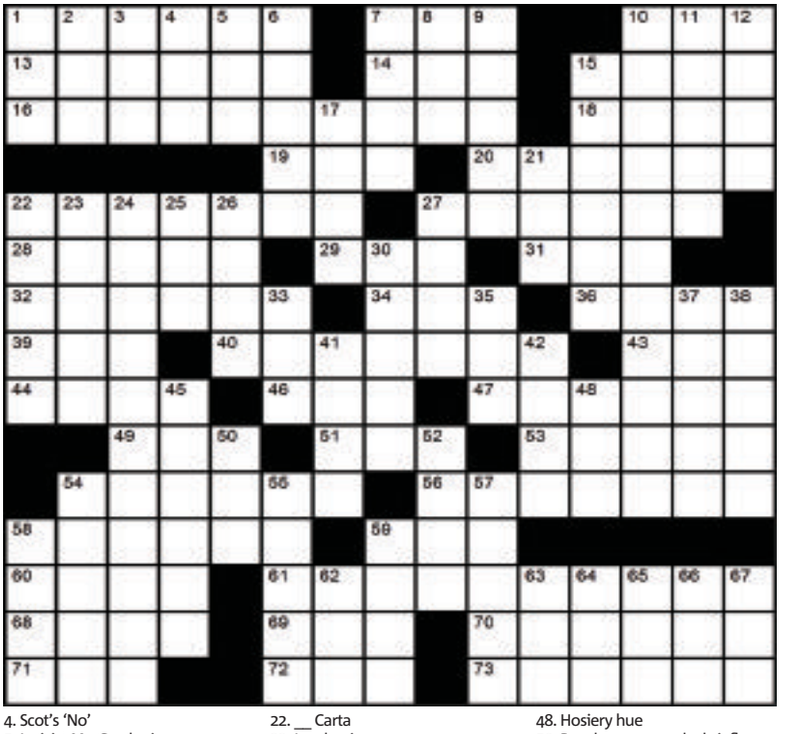
♒ Aquarius
Jan. 21 - Feb. 19
If you think lucky and act lucky the chances are that you will be lucky in some way over the next 24 hours. It's not the world "out there" that matters but the world that exists inside your head.

♓ Pisces
Feb. 20 - March 20
The planets urge you to put your ego to one side today and make your peace with a certain individual. The fact is you need them more than they need you, so it's good politics to kiss and make up.

SALLY BROMPTON

Crossword: Canada Across & Down

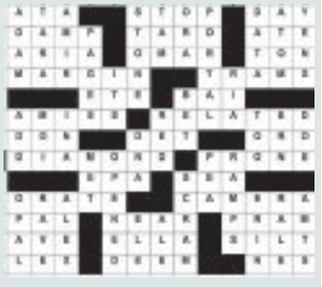
BY KELLY ANN BUCHANAN



Across
1. Vegas show, __: Still the One
7. Smartphone add-on
10. Ms. Messing, briefly
13. Duck: French
14. Kanga's sidekick
15. "__-__-voom!"
16. Governor General of Canada's official residence: 2 wds.
18. Facial scrub, St. __
19. Place
20. Brit singer Adele's surname
22. The Scottish Play
27. Stonehenge ritualists
28. Hurt
29. "__ you sure?"
31. Clip-__ (Earrings)
32. Potatoes au __
34. Simon & Garfunkel's "I __ _ Rock"
36. Dentyne, and others
39. Mr. Beatty
40. Northern Ontario hometown of the country star at #1-Across
43. Ms. Saldana of "Avatar" (2009)
44. Inquires
46. "Sk8er __" by Avril Lavigne
47. "The __ of Things"
49. Drake's music
51. Botanist Mr. Gray
53. Leslie Nielsen's '__ Gun' comedies
54. Mr. Pattinson
56. The Hunger Games heroine
58. Mr. Brosnan
59. Ashlee to Jessica, for short
60. The __ (U2 guitarist)
61. Calgary-born actor Cory Monteith's role on "Glee": 2 wds.
68. Casual tops
69. Tokyo, once
70. Charlie Sheen's brother
71. Flub up
72. Uncooked
73. Accept the ring: 2 wds.

Down
1. Comp. part
2. Song from the musical South Pacific: "Bali __"
3. Furthermore
4. Scot's 'No'
5. Lyricist Mr. Gershwin
6. Pursuit of Happiness hit: "I'm an __ Now"
7. "Quicker than _ __ of light..." - Madonna
8. Parliament Hill fig.
9. __ bear
10. Host of #47-Across: 2 wds.
11. Levels
12. Paul McCartney's instrument
15. L'Anse aux Meadows inhabitant
17. "That's funny.": 2 wds.
21. Couplet
22. __ Carta
23. Land units
24. Nickelback frontman: 2 wds.
25. Casino wager
26. Modify
27. Ms. Lovato
30. Harold of "Ghostbusters" (1984)
33. Calligrapher's prop
35. Actress, __-Margret
37. Social customs
38. "Sowing the __ of Love" by Tears For Fears
41. Castle defense
42. Filmmaker, Gus Van __
45. Buffalo players
48. Hosiery hue
50. Bench press muscle, briefly
52. Similar
54. "Easy __" (1969)
55. Send to a specialist
57. Fireplace leftovers
58. Original Beatles drummer Mr. Best
59. Winter fluff
62. __ Red apple
63. Ms. Thurman
64. Don't hire a pro, e.g.
65. Guileful
66. Goose: French
67. 7, 16 and 38, e.g.

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

	4		5		1	6	8	
					3			4
3						1		2
	9		4			7	3	
				5				
	6	7			8		1	
8		3						9
2			9					
	5	6	8		2		4	

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -8° MIN: -11°	MAX: -12° MIN: -18°	MAX: -13° MIN: -16°

BT BREAKFAST TELEVISION

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